Magic Entrees

to make with

Canned Salmon

RECIPE ON PAGE 15

DEMING'S CANNED SALMON!

These delightful salmon dishes are new ways for you to enjoy the flavor of DEMING'S CANNED SALMON.

The recipes were created by some of America's leading cooking authorities and you will find them in clear concise form—easy to prepare.

In this Recipe Book are several complete menus for your guidance in serving DEMING'S CANNED SALMON—try them and you will like them.

Prepared for

DEMING & GOULD COMPANY

Exclusive Selling Agents for

PACIFIC AMERICAN FISHERIES, INC.

Bellingham, Washington

Heritage
Special Coll.
Cookbooks
TX
748
S24
M34
1937
Ab

CONTENTS

ENTREES AND MENUS 4-15

SALADS AND MENUS 16-21

COLD BUFFET 22

HOT BUFFET 23

SANDWICHES 24-25

CANAPÉS and HORS D'OEUVRES 26-27

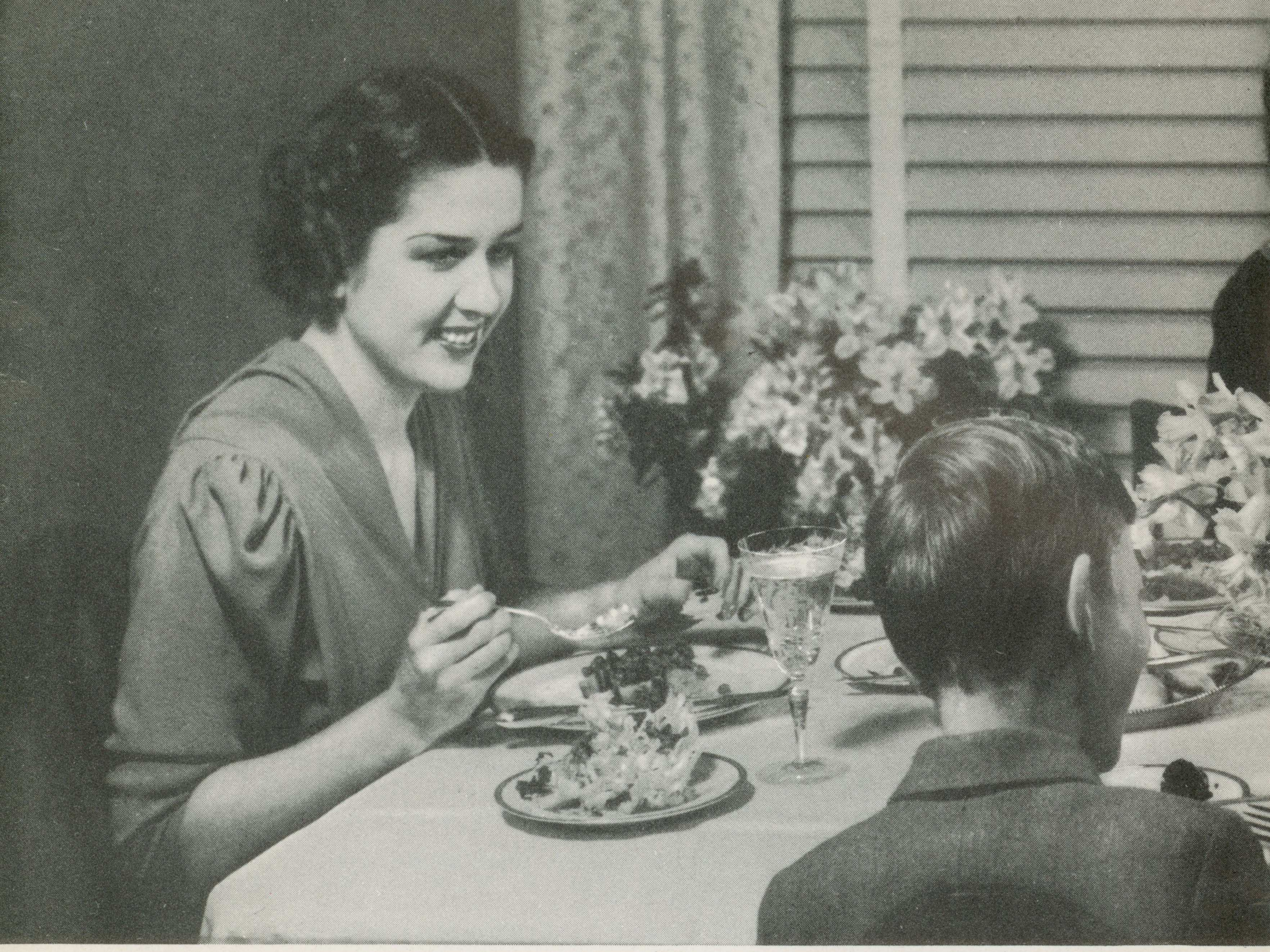
TIPS ON SERVING SALMON 28

VARIETIES OF SALMON 29

SIZES AND CONTENTS OF CANS 30-31

INDEX 32

Copyright 1937 by Canned Salmon Industry
1440 Exchange Bldg., Seattle, Washington



A WORD FROM CAROLYN EVANS

TO THE USERS OF THIS BOOKLET

LOOKING for new ideas on what to give your family? Here's a "gold mine" of delicious ways to serve one of our most valuable health foods—canned salmon.

Many of these entree, salad and sandwich ideas are quite new. Others have appeared in recent salmon magazine advertisements. All have been tested and found practical for everyday preparation in your own kitchen. Measurements are for standard cups and spoons.

Complete menus and many serving suggestions are included in this booklet, too. I think you will find each of these to be a well balanced

The entree is "Salmon Bacon-Pats"—recipe on page 15

meal—delicious, nourishing, practical. A menu for every occasion! And I've prepared these with an eye to your food budget, too. It is always hard to serve attractive meals within your budget—meals offering more than just the bare essentials. It's pretty nearly impossible if your main dish runs high in cost!

But lower the cost of your entree and you have more to spend on the other courses and "trimmings."

How can you do this? *One way is to serve more meals built around delicious canned salmon entrees.* Salmon, you see, is so inexpensive! You will find here many recipes for unusual salmon main dishes. They're hearty, he-man dishes. Around these you can build more sumptuous meals *and still not sink your budget!* I know because I've checked up on the cost of these dishes in cities and towns all over America. Here's good luck with your new canned salmon entrees.

BALANCED THRIFT MENU

featuring North Coast Salmon Bake

Tomato Juice with Crackers

North Coast Salmon Bake Buttered String Beans
Hot Biscuits — Jelly

Waldorf Salad

Lemon Meringue Pie Coffee

North Coast Salmon Bake

2 cups (1 lb.) Canned Salmon
1 tsp. lemon juice
2 tbsps. chopped parsley
2 tbsps. melted butter
Small pkg. potato chips
3 eggs

Combine salmon, lemon juice, parsley and butter. Crush potato chips and mix lightly with salmon. Blend in slightly beaten eggs. Form mixture into a fish shape 8″ long, 3″ high. Top with bacon strips. Bake in long shallow baking dish in hot oven (400°F.) 20 minutes. Before serving, place stuffed green olive in head of fish for eye and pimento strips in fan shape on tail. Serve with hot buttered cauliflower, garnish with ripe olives, parsley and lemon slices. Serves 6.

Without a steady supply of protein we cannot live. Canned Salmon is one of its richest sources.

HERE'S ANOTHER ONE

Vegetable Soup
Wholewheat Crackers **Radish Roses**

Salmon Combination Grill **Buttered Beets**
Hot French Bread—Butter

Salad of Mixed Greens with French Dressing

Warm Gingerbread **Snappy Cheese** **Coffee**

Salmon Combination Grill

1 pound can of salmon
Mashed potatoes
2 large or 4 small bananas
8 grapefruit sections

Drain salmon; with sharp, heated knife slice into 4 circles; place each on mashed potato mounds on baking sheet. Pipe potatoes as shown, brush with melted butter. Prepare fruit as follows: Cut bananas in half lengthwise, roll in seasoned flour, then in melted butter; sprinkle grapefruit sections with salt, sugar. Place baking sheet containing salmon mounds and fruit under broiler (or in very hot oven, 475° F.) and broil until brown. Arrange on serving platter as shown. Serves 4.

You need "sunshine" vitamin D for proper bone development. Canned Salmon has an abundant supply.

A WELL ROUNDED MEAL

Salmon Soufflé with Pimento Cheese Sauce
Potato Chips Buttered Cauliflower

Sliced Cucumber and Onions in Vinegar, Salt and Black Pepper
Wholewheat Bread and Butter

Date Pudding Topped with Cinnamon Whipped Cream

Coffee or Tea Milk for Children

Salmon Soufflé with Pimento Cheese Sauce

½ cup quick-cooking tapioca
1 tsp. salt, dash pepper
1 cup milk
2 cups (1 lb.) Canned Salmon
2 tsps. each parsley, lemon juice
4 eggs, separated

Combine tapioca, seasonings, milk in double boiler; hold at scalding point 5 minutes, stirring often. Add flaked salmon, reserving some large pieces to top soufflé before baking; add chopped parsley, lemon juice. Remove from fire, stir in well beaten egg yolks. Cool, fold in stiffly beaten whites, turn into buttered baking dish. Bake in slow oven (325° F.) about one hour. Serve with sauce made by melting one 3-ounce package pimento cheese in 2 cups medium white sauce. Serves 6.

There are foundation *foods. There are* protective *foods. Canned Salmon is* both!

You'll like this menu "FIT FOR A KING"

Tomato Bouillon with Lemon Slices
Cheese Straws

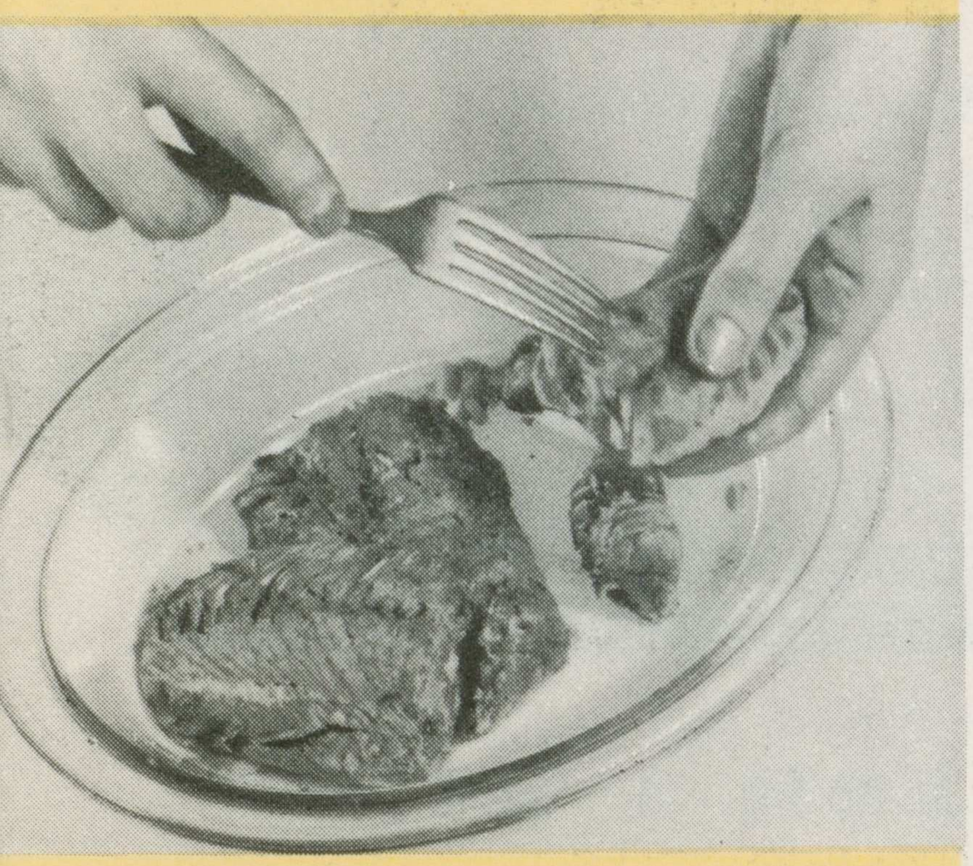
Planked Salmon Savannah
Buttered Spinach Glazed Beets
Corn Sticks Conserve

Lemon Chiffon Pie Coffee

Planked Salmon Savannah

2 cups (1 lb.) Canned Salmon
½ cup evaporated milk
2 tbsps. chopped onion
1 bay leaf
3 tbsps. butter, 4 tbsps. flour
2 eggs, separated
½ tsp. salt, dash pepper
2 tbsps. chopped pickle
1 tbsp. chopped parsley
2 cups fine bread crumbs

Heat juice from salmon, milk, onion, bay leaf in double boiler. Blend butter, flour; add to hot liquid, stir until smooth (10 min.). Stir in beaten yolks, seasonings, pickle, parsley. Cool, combine with flaked salmon. Shape 6 cutlets; roll in flour, slightly beaten egg whites, bread crumbs. Butter, place on greased plank or heat-proof platter. Border with mashed potatoes as shown, brown in hot oven (450°F.) Serve with hot spinach and glazed beets, decorate with hard-cooked egg. Serves 6.



Salmon à la King in Potato Nests

2 cups milk
4 tbsps. flour
4 tbsps. butter
½ tsp. salt
Dash pepper
1 tsp. Worcestershire sauce
2 cups (1 lb.) Canned Salmon
2 tbsps. green pepper strips
2 tbsps. pimento strips
½ cup mushrooms

Photo 1. Scald milk over boiling water; make paste of flour and softened butter and add to hot milk, beating until thick and smooth. Add salt, pepper, Worcestershire and cook 15 min.

Photo 2. Flake salmon in large pieces.

Photo 3. Mix salmon with white sauce. Scald green pepper with boiling water and drain. Combine with pimento, mushrooms and add to salmon mixture.

Photo 4. To make potato nests, peel 3 large potatoes; cut into tiny strips lengthwise. Heat in small amount of hot fat, don't brown. Remove from fat, sprinkle with salt, and arrange nests inside large deep muffin tins. Press potatoes firmly against sides of rings and on bottom. Bake in hot oven (450° F.) for 15 minutes.

Photo 5. Heat salmon mixture thoroughly and serve in crisp, hot potato nests. Garnish with watermelon pickle and parsley. Serves 6.

Crusty Salmon Loaf

1 small loaf of bread
2 tbsps. melted shortening or butter
1½ cups soft bread crumbs
Juice from 1 lb. can of salmon
⅓ cup cream, or evaporated milk
1 tsp. mustard
½ tsp. salt, dash pepper
2 cups (1 lb.) Canned Salmon
2 hard-cooked eggs
3 tbsps. chopped parsley

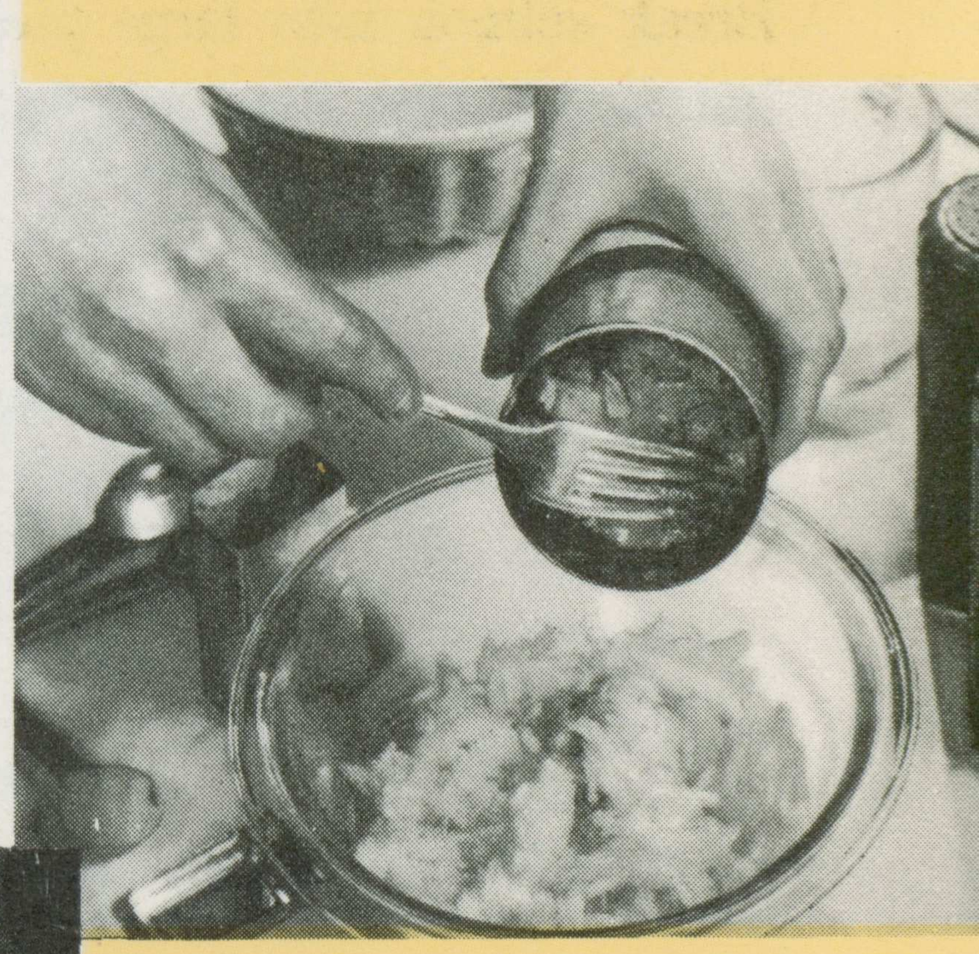
Photo 1. Slice crusts from sides and ends of loaf and level off top.

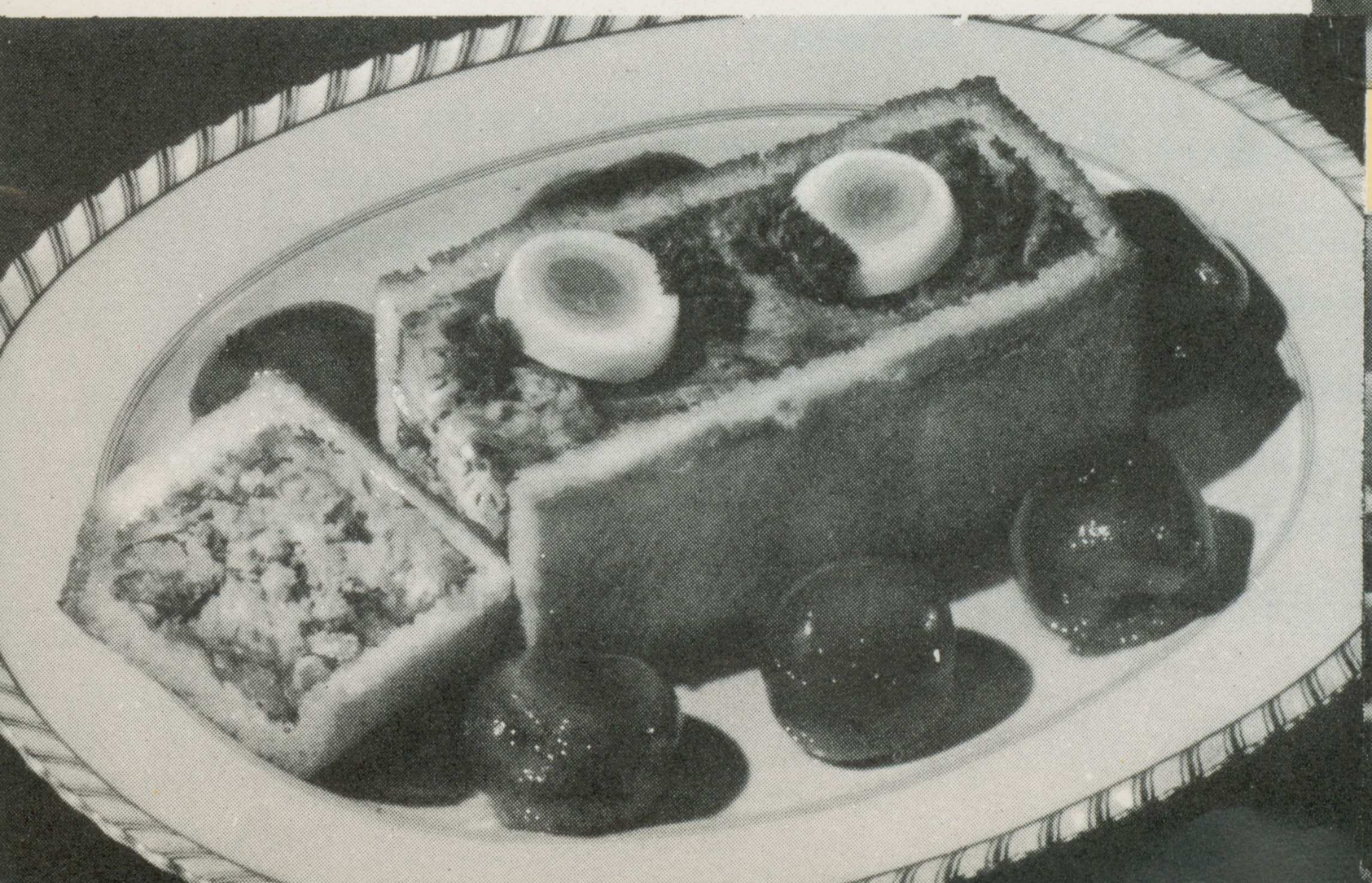
Photo 2. Cut out center leaving ½ inch around sides and on bottom. Place in moderate oven (350° F.) for 15 minutes; brush with shortening and put back into oven (425° F.) until lightly browned. Remove.

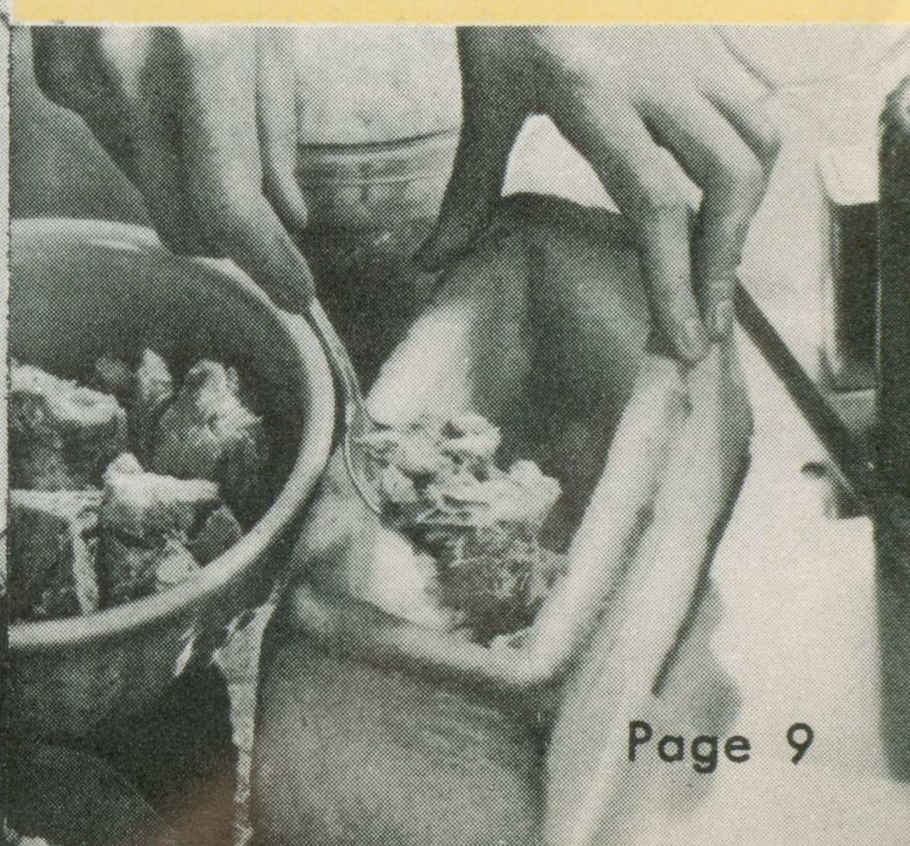
Photo 3. Mix bread crumbs, juice from salmon, cream and seasonings.

Photo 4. Place layer of flaked salmon on bottom of loaf. Reserving two slices of egg for garnishing top of loaf, chop remaining egg. Cover the salmon with half the crumb and cream mixture; sprinkle with egg and parsley. Repeat until all ingredients are used; dot with butter. Bake in hot oven (425° F.) for 30 minutes.

Photo 5. Garnish loaf with egg slices and pickled peaches. Slice loaf and serve with 2 cups well seasoned white sauce. Serves 6.







TEN "NO TROUBLE" ENTREES

When unexpected guests knock at your door . . . when you're home late from club or office . . . these quick, easy-to-prepare entrees and menus save lots of time and trouble. They literally *are "no trouble"!*

SIMPLE BUT GOOD

Toasted Salmon Fillets **Crisp Celery Hearts**
Baked Potatoes **Scalloped Tomatoes**
Rye Bread and Butter

Canned Apricots **Gingersnaps Frosted with Cream Cheese**

Coffee **Milk**

Toasted Salmon Fillets

2 cups (1 lb.) Canned Salmon **Fresh Bread or**
Mayonnaise **Cracker Crumbs**

Break salmon into large pieces. Roll in mayonnaise, then in crumbs. Place on buttered baking sheet and bake in hot oven (450°F.) for 10 or 12 minutes. Serves 6.

EASY TO DO

Tomato and Rice Soup

Salmon Supper Cakes **Tartar Sauce**
Buttered Lima Beans (or Summer Squash)
Bread and Butter

Pineapple Upside Down Cake

Coffee **Milk**

Salmon Supper Cakes

6 medium-sized boiled potatoes **1 chopped green pepper**
2 cups (1 lb.) Canned Salmon **1 egg**

Chop potatoes and mix with flaked salmon. Add pepper and slightly beaten egg; season to taste. Form into flat cakes with hands. Place on baking sheet. Brush surface of cakes with melted butter and bake in hot oven (450° F.) until cakes are browned. Serve with tartar sauce and garnish with parsley. Serves 6.

GOOD ANY DAY OF THE WEEK

Grapefruit and Lettuce with Roquefort Dressing
Toasted Crackers

Deviled Salmon in Shells
Creamed New Potatoes and Peas
Hot Rolls and Butter
Warm Peach or Rhubarb Pie Coffee

Deviled Salmon in Shells

2 tbsps. minced onion
2 tbsps. green pepper
3 tbsps. butter
1 cup canned tomato soup
1 tsp. prepared mustard
½ tsp. salt
1 tsp. lemon juice
2 cups (1 lb.) Canned Salmon
½ cup bread crumbs in
3 tbsps. melted butter

Lightly brown onion and pepper in butter. Add soup and seasonings. Simmer for few minutes; add flaked salmon and pile in baking shells. Top with buttered crumbs. Place thin slice of lemon sprinkled with paprika on top. Bake in hot oven (400° F.) until crumbs are browned—about 15 minutes. Serves 6.

STUDIO SUPPER

Iced Pineapple Juice
Salmon Flake Rarebit on Salted Crackers
Sliced Tomatoes with Plenty of Black Pepper
Hot Coffee Cake or Crisp Cookies
Fruit Compote Coffee Mints

Salmon Flake Rarebit

¼ lb. sharp cheese
1 cup canned tomato soup
½ tsp. salt
1 tsp. mustard
1 tbsp. Worcestershire sauce
2 eggs
1 cup evaporated milk, undiluted
2 cups (1 lb.) Canned Salmon

Melt cheese over boiling water, gradually blend in tomato soup and seasonings. Add eggs to milk and stir slowly into cheese mixture. Add salmon flaked in large pieces and heat 5 or 10 minutes. Serve on crisp salted crackers. Serves 6.

Just for two: Get the half-pound can of salmon and cut the above amounts in half.

AN OLD STAND-BY

Beef Broth
Crackers Mixed Pickles

Salmon Peppers Pacific French Fried Potatoes
Wholewheat Bread Butter

Cabbage Salad with Boiled Dressing

Fresh Jelly Roll

Coffee

Salmon Peppers Pacific

4 tbsps. butter, 4 tbsps. flour
1½ cups milk
½ cup sharp American cheese
1 tsp. salt, ¼ tsp. pepper
Dash onion or garlic salt
2 cups (1 lb.) Canned Salmon
2 cups whole kernel corn
6 large green peppers

Blend butter and flour and brown lightly in a saucepan. Add milk and stir until thick and smooth. Add cheese cut into small pieces and stir until melted. Season, then add flaked salmon and corn which have been drained. Cut tops from peppers, remove seeds and parboil for 3 minutes. Drain and place in baking dish. Fill with salmon mixture and bake in hot oven (400° F.) about 20 minutes. May be baked in ramekins instead of peppers. Serves 6.

FOR GOODNESS SAKE

Lettuce Salad with Thousand Island Dressing
Cheese Straws or Crackers

Hurry-Up Baked Salmon
Creamed Celery or Creamed Onions
Hash-Browned Potatoes
Hot Rolls Butter

Baked Apples or Pears Lady Fingers Coffee

Hurry-Up Baked Salmon

2 cups (1 lb.) Canned Salmon
1 tbsp. lemon juice
½ cup cream (sweet or sour) *or*
¼ cup melted butter
½ tsp. salt, dash pepper

Place salmon in baking dish, sprinkle with lemon juice, and cover with cream or melted butter. Season with salt and pepper and bake in hot oven (400° F.) 20 to 30 minutes. Serves 4. *Just for two*: Get the ½-lb. can and cut above amounts in half.

CLUB-DAY DINNER

Vegetable Salad Bowl French Dressing Pretzels

Heavenly Salmon Hash in Ramekins Pepper Relish
Creamed Peas and Carrots on Toast
Rolls and Butter

Lemon Sherbet (or Orange Ice)

Chocolate Cookies Salted Nuts Coffee

Heavenly Salmon Hash

1 medium onion, sliced
2 tbsps. shortening or butter
1½ cups cooked diced potatoes
½ tsp. salt, dash pepper
2 cups (1 lb.) Canned Salmon
6 eggs

Sauté onion in shortening until tender. Add potatoes, seasonings and flaked salmon. Pile into large, well greased muffin tins or ramekins; hollow out center of each mound. Bake in hot oven (450° F.) for 10 minutes, remove from oven and break an egg into center of each mound of hash. Return to oven and bake at 350° F. 10 to 15 minutes, or until eggs are cooked. Serves 6.

FIVE-STAR SPECIAL

Melon Balls in Ginger Ale or Orange Juice

Salmon Custard with Corn Sauté
Broiled Halves of Tomatoes on Toast Circles
Hot Rolls and Butter Bread-and-Butter Pickles

Warm Blackberry Pie with Ice Cream Coffee

Salmon Custard with Corn Sauté

SALMON CUSTARD:
2 eggs, slightly beaten
1 cup evaporated milk, undiluted
½ tsp. salt, dash pepper, paprika
2 cups (1 lb.) Canned Salmon

CORN SAUTÉ:
1 can whole kernel corn
¼ cup chopped green peppers
½ tsp. salt, dash pepper
2 tbsps. melted butter

To make custard: combine slightly beaten eggs, milk and seasonings; then add flaked salmon. Place in buttered baking dish in pan of water; bake in moderate oven (350° F.) for 25 to 30 minutes. To sauté corn: mix corn, green peppers and seasonings with melted butter and sauté slowly for 10 minutes. Turn out baked salmon custard on platter to serve, and surround with corn sauté. Serves 6.

OLD FAVORITE

Tomatoes Stuffed with Celery, Cucumbers, Mayonnaise
Crackers or Melba Toast

Savory Salmon Loaf with Creamed Peas
Mustard Pickles
Hot Cornbread Squares Butter

Gingerbread-Apple Upside Down Cake Coffee

Savory Salmon Loaf

½ cup crisp buttered bread crumbs
2 eggs, slightly beaten
½ cup milk
2 cups (1 lb.) Canned Salmon, flaked
1 tsp. lemon juice
½ tsp. salt, dash pepper
½ tsp. sage
2 tsps. finely chopped onion
1 tbsp. chopped parsley
1 tbsp. melted butter

Combine ingredients in order given. Pack firmly in buttered loaf pan and bake in moderate oven (350° F.) for 45 minutes. Turn out on platter and serve with creamed peas as sauce. Serves 6.

DINNER EN CASSEROLE

Chilled Melon

Salmon Pot Pie with Biscuit Crust
More Hot Biscuits Butter
Sliced Tomatoes Chopped Pickle Relish

Lemon Ice Cocoanut Kisses Coffee

Salmon Pot Pie

4 tbsps. butter
1 tbsp. minced onion
6 tbsps. flour
1 cup salmon juice and water
1½ cups milk
1 tsp. salt
1 tbsp. lemon juice, dash paprika
1 cup diced cooked celery
1 cup new peas, cooked
2 cups (1 lb.) Canned Salmon

Melt butter, add onion. Cook two minutes, then stir in flour, salmon juice and water, milk. Cook, stirring until thick and smooth. Add seasonings, celery, peas, and salmon broken into large pieces. Pour into a casserole and top with biscuit dough rolled thin and cut in fancy shapes. Bake in hot oven (400° F.) about 20 to 30 minutes, or until crust is nicely browned. Buttered bread strips may replace biscuit dough if desired; in which case, bake until bread is toasted crisp. Serves 6.

Canned Salmon is rich in iodine, which helps to prevent goitre.

THE DISH ON THE COVER

Jellied Consommé with Lemon Slices Saltines

Diced Cantaloupe and Pineapple Salad French Dressing

Festival Salmon Supreme Melted Butter
Baked Tomatoes Lima Beans
Hot Rolls Butter

Lime Sherbet with Frosted Cup Cakes Coffee

Festival Salmon Supreme

1 cup cooked rice
¾ cup toasted buttered bread crumbs
2 eggs, beaten
½ tsp. each salt, celery salt
⅛ tsp. pepper
1 tbsp. chopped onion
1 tbsp. chopped parsley
1 tbsp. chopped pimento
4 cups (2 lbs.) Canned Salmon
6 medium-sized tomatoes

Combine ingredients in order given and mix with flaked salmon. Form into star shape on buttered baking platter. Place peeled tomatoes around platter and season with salt and pepper. Cover each tomato with 1 tbsp. of caramelized sugar. Bake in hot oven (400° F.) for 20 minutes. Remove from oven and brush with melted butter. Serve with sauce made of ½ cup melted butter and 2 tbsps. each lemon juice and chopped parsley. Serves 6.

THE DISH IN THE "FOREWORD"

Mock Turtle Soup Wafers

Salmon Bacon-Pats
Nest of Grated Buttered Carrots and Green Peas
Canned Pear Halves, Baked
Hot Buttered Biscuits Jelly

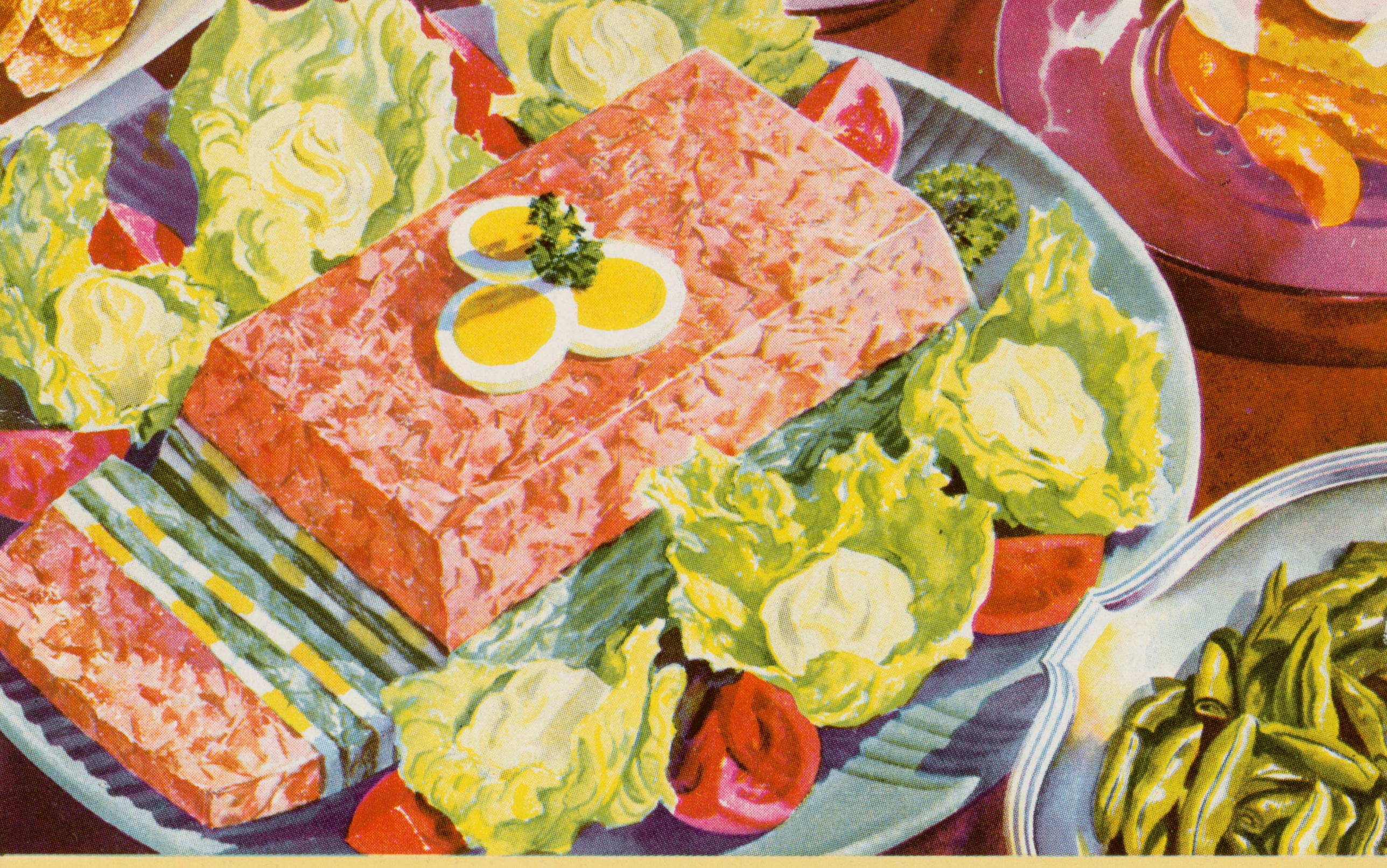
Crisp Lettuce and Chopped Egg French Dressing

Cherry Tarts Coffee

Salmon Bacon-Pats

1 cup soft bread crumbs
1 egg, slightly beaten
½ cup juice from cans of salmon
1 tbsp. scraped onion
2 tbsps. chopped parsley
½ tsp. salt, dash pepper, sage
4 cups (2 lbs.) Canned Salmon
6 slices of bacon

Combine bread crumbs with egg and salmon juice. Add onion, parsley, seasonings. Mix with flaked salmon. Shape 6 patties, wrap slice of bacon around each, fasten with toothpick. Bake in hot oven (450° F.) 15 min., until bacon is crisp. Remove from oven, arrange on platter around nest of carrots and peas. Serves 6.



REFRESHING SUMMER MENU

Magic Salmon Mold

Young Hot Green Beans

Potato Chips

French Rolls **Butter**

Fresh Peaches on Squares of Sponge Cake—Whipped Cream

Coffee or Tea

Magic Salmon Mold

2 cups (1 lb.) Canned Salmon
2 pkgs. lime gelatin
1½ cups boiling water
1¼ cups cold water
¼ cup mild vinegar
3 tbsps. lemon juice
1 tsp. salt
2 cups finely shredded cabbage
3 hard-cooked eggs, sliced

Place flaked, boned salmon in bottom of mold. Dissolve gelatin in boiling water, add cold water, vinegar, lemon juice and salt. Pour half of warm gelatin over salmon, chill. When set, fill mold with alternating layers of cabbage and eggs. Cover with remaining gelatin, chill until set. Unmold on crisp lettuce; garnish with lettuce cups filled with mayonnaise, tomato and slices of hard-cooked eggs. Serves 6 to 8.

Salmon Salad Supreme with Tomato Aspic

2 cups (1 lb.) Canned Salmon
1 cup green cooked peas
1 tbsp. green chopped pepper
1 tbsp. lemon juice
Seasonings
Mayonnaise

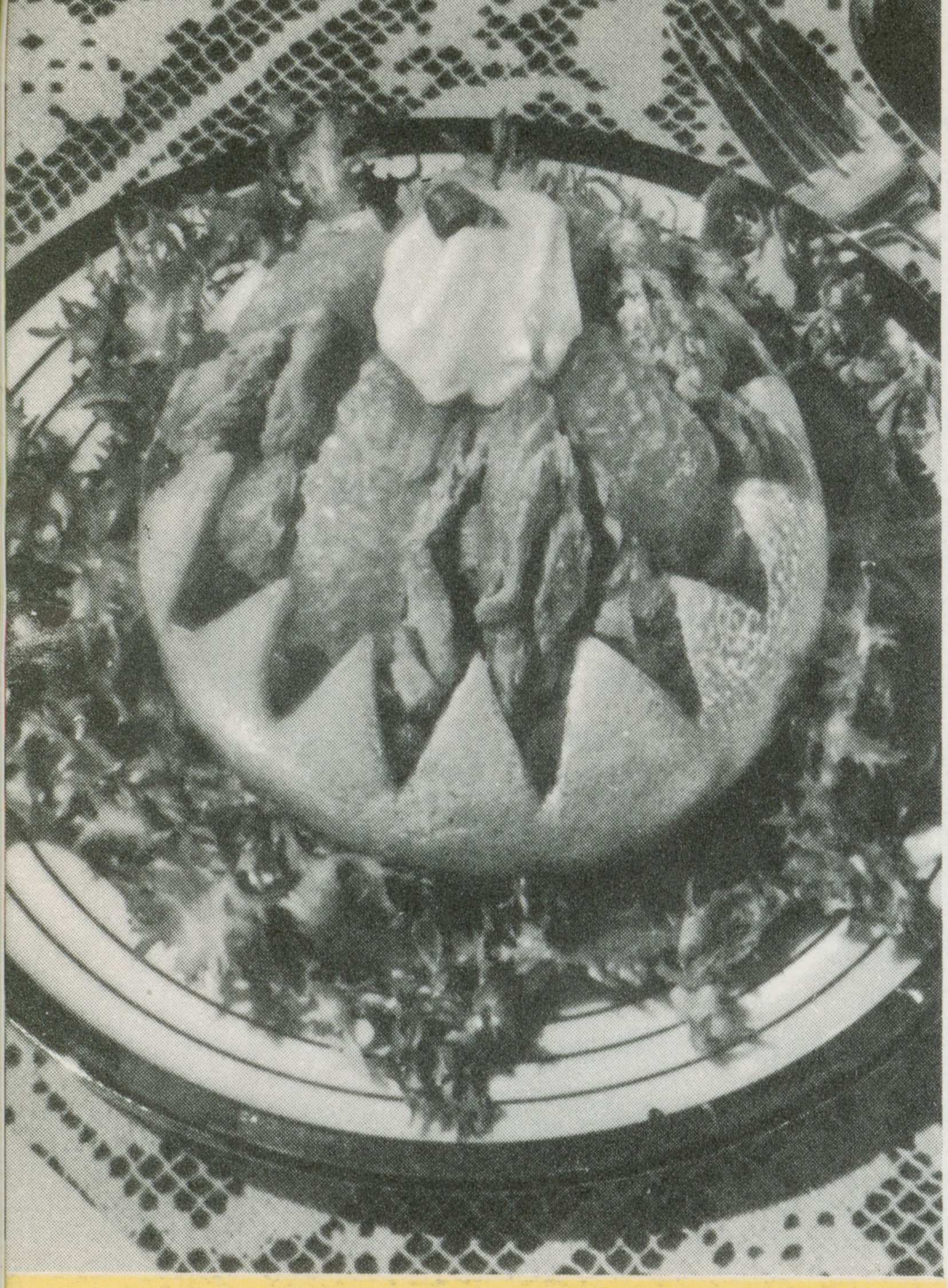
Make your favorite tomato aspic in large ring mold. Chill until firm. Unmold and pile center with salmon salad made as follows: Mix salmon flaked in large pieces with other ingredients and chill. Decorate with salad greens and pimento-stuffed olives. Place seasoned cottage cheese around mold with fork. Pass mayonnaise and French dressing. Serve with potato chips and radishes. Serves 6 to 8.

Canned Salmon supplies us valuable minerals the body requires regularly.

Summer Salmon Delight

Chill a one-pound can of salmon and turn out in cylindrical shape. Drain the salmon and remove the skin. Place on shredded lettuce or chicory in center of a large serving plate, sprinkle with lemon juice. Around it arrange lettuce cups holding salad mixture of grapefruit, cucumber slices, quartered tomatoes, and other vegetables. Pass mayonnaise and French dressing at the table. Serves 4.

Canned Salmon gives us the "protective" vitamins A and G.



Salmon Salad in Grapefruit Shells

Salmon Salad in Grapefruit Shells

3 large grapefruit
2 cups (1 lb.) Canned Salmon
¼ cup French dressing
¼ cup mayonnaise
2 tbsps. chopped pimentos

Cut grapefruit crosswise. Cut inside membrane of each section; loosen fruit from rind; twist out center core. Add juice of fruit to French dressing and marinate flaked salmon. Notch edges of grapefruit. Alternate salmon and grapefruit sections in each grapefruit shell. Garnish with dots of pimento around edges. Serve with mayonnaise on shredded lettuce or chicory. Serves 6.

Celery Canoes of Salmon

Celery Canoes of Salmon

1 bunch celery
2 cups (1 lb.) Canned Salmon
1 tsp. Worcestershire sauce
1 tsp. anchovy paste
½ tsp. salt
Dash paprika
1 tbsp. lemon juice
¼ cup mayonnaise

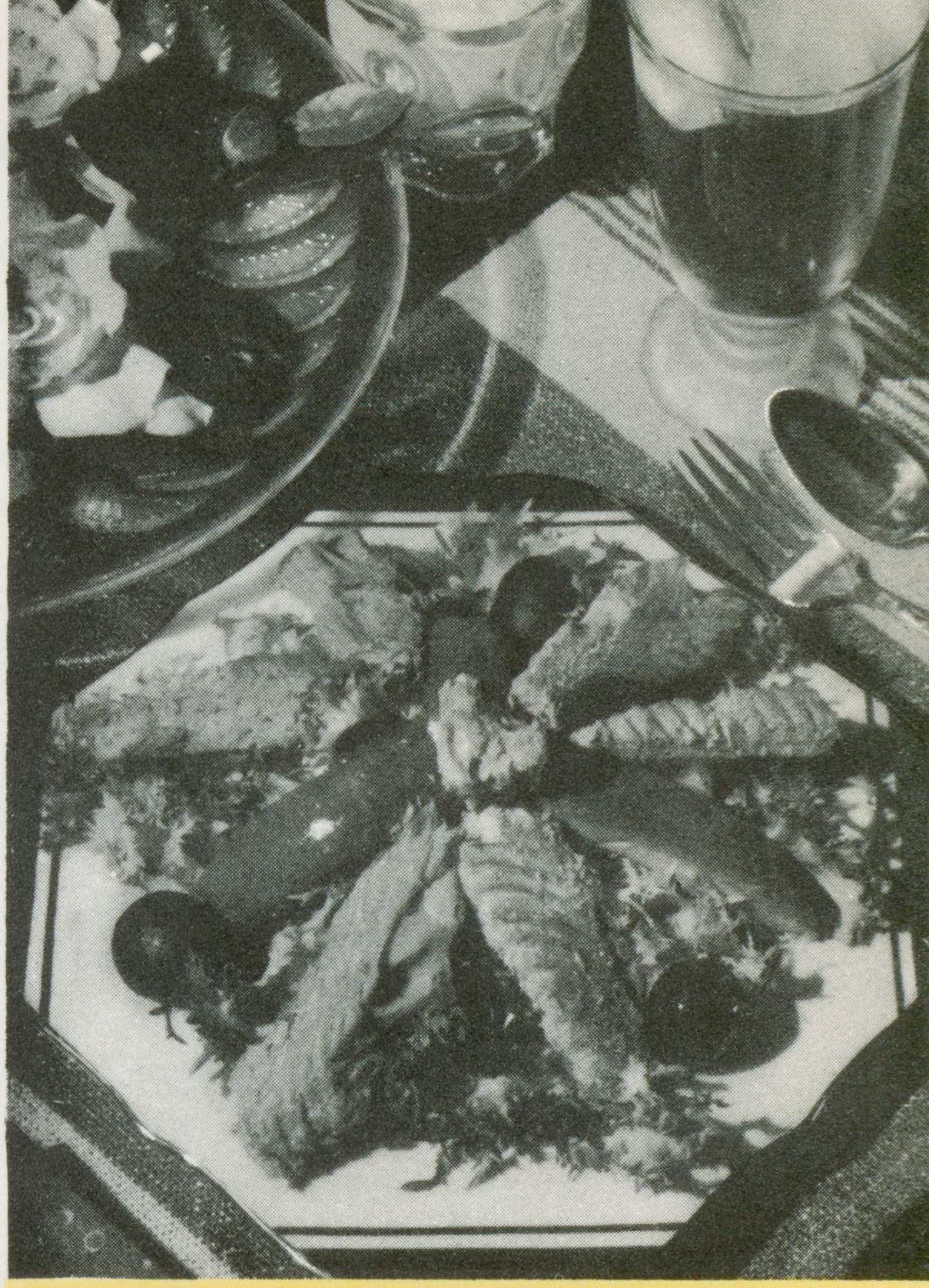
Allow 2 short celery stalks per serving; wash, dry, chill. Mash salmon with fork, blend in all ingredients, stuff celery stalks. Cut each stalk across into half-inch pieces and arrange the celery in its original shape on lettuce. Serve with French dressing. Garnish with lemon sections and ripe olives. Serves 6.

Scientists rate Canned Salmon a great sustaining food—essential for daily vigor, endurance.

Salmon-Avocado Salad

2 cups (1 lb.) Canned Salmon
1 avocado, 1 head lettuce
French dressing
Thousand Island dressing

Separate salmon into long flakes. Make nests of shredded lettuce and chicory. Cut avocado in half, lengthwise. Peel a narrow section, then cut a slice of avocado. Repeat process. Arrange 3 slices to each salad, with curved ends touching at center of plate. Fill in between slices with flaked salmon marinated in French dressing. Garnish with ripe olives and serve with French or Thousand Island dressing. Serves 6.



Salmon-Avocado Salad

Hearty Picnic Salad Bowl

2 cups (1 lb.) Canned Salmon, broken in large pieces
1 cup sliced celery
1½ cups cubed cooked potatoes
½ cup sweet pickle relish
½ tsp. salt, dash pepper
1 tbsp. horse-radish
1 tbsp. scraped onion
1½ cups well-seasoned cooked salad dressing

Combine ingredients in order given. Line salad bowl with lettuce leaves and endive or Romaine. Fill with salad and garnish around edge with sliced radishes and dill pickles. Serves 6.

Canned Salmon is one of nature's sources of "sunshine" vitamin D—which helps keep our teeth sound and healthy, our bones sturdy.

Hearty Picnic Salad Bowl

SUNDAY NIGHT SUPPER

(*And just as good other days*)

Salmon Tomato Bouquet
Nutbread Sandwiches Olives and Sweet Pickles

Butterscotch Tarts with Whipped Cream
(or Tart Shells Filled with Fresh Sugared Berries)

Tea, Hot or Iced

Salmon Tomato Bouquet

6 medium tomatoes
2 cups (1 lb.) Canned Salmon
1 large green pepper
6 lettuce cups

Peel tomatoes and cut out stem ends. Cut each tomato into six sections, leaving sections joined together at bottom. Place in crisp iceberg lettuce cups and fill in between tomato sections with flaked salmon. Fill in center with chopped pepper. Serve with French dressing, your favorite cooked dressing or mayonnaise. Serves 6.

The protein in Canned Salmon is of the type our bodies can most readily utilize.

A CASUAL LUNCHEON

Combination Vegetable Salad with Salmon
Hot Cheese Biscuits Butter Raspberry Jam

Prune-Nut Whip Tea or Coffee

Bridge-Mix Candies

Combination Vegetable Salad with Salmon

2 cups (1 lb.) Canned Salmon
1 small cauliflower, cooked
½ lb. green peas, cooked
12 stalks green asparagus (fresh or canned)
1 large head lettuce

Marinate cooked vegetables in French dressing and arrange in 6 lettuce cups placed on bed of shredded lettuce. Top each mound of vegetables with flaked salmon, and garnish with celery hearts and radish roses. Serve with 1 cup Thousand Island dressing mixed with 4 tbsps. peanut butter. Serves 6.

Dietitians say "Canned Salmon in afternoon snacks helps build sturdy bodies."

SUMMER LUNCHEON OR SUPPER

Spicy Salmon Salad Molds
with Pimento-Cucumber Dressing
Toasted Cheese Sandwiches Buttered Peas

Warm Green Apple Pie

Coffee

Spicy Salmon Salad Molds

2 cups (1 lb.) Canned Salmon
1½ cups diced celery
1 tsp. onion juice
1 tbsp. lemon juice
¼ tsp. salt
Dash paprika, celery salt
¾ cup mayonnaise
1 hard-cooked egg, sliced

Combine flaked salmon and celery; mix onion juice, lemon juice and seasonings with mayonnaise, and add to salmon. Pack firmly into individual molds, chill. Run sharp pointed knife around edge of salad and unmold. Arrange on bed of watercress or place in lettuce cups and garnish with slice of egg on top of each mold. Serve with pimento-cucumber dressing made as follows: Whip ½ cup sour cream until slightly thick, fold in ¼ cup mayonnaise. Add ¼ cup each minced cucumber and pimento, dash cayenne. Mix well and chill. Serves 6.

WHEN YOU GO ON A PICNIC

Jiffy Salmon Salad Bowl
(Take "makings" in separate jars)

Hot Baked Beans in Bean Pot
Potato Chips Sweet and Sour Pickles
Assorted Picnic Sandwiches

Fresh Fruit Nut Loaf Cake

Lemonade Coffee

Jiffy Salmon Salad Bowl

1 large head lettuce
2 cups (1 lb.) Canned Salmon
1 cup chopped celery
1 cup shredded cabbage
½ cup Swiss cheese
1 cup French dressing

Line a salad bowl with crisp iceberg lettuce (and other salad greens if desired). Fill with salmon broken into large pieces, celery, cabbage, and Swiss cheese cut into tiny strips. Garnish with sliced radishes and pour dressing over top. Serves 6.

A SUMPTUOUS BUFFET SUPPER

Olives **Watermelon Pickles** **Salted Nuts**

Buffet Salmon Mousse
Casserole of Mixed Buttered Vegetables, Hot
Lettuce with Chopped Sweet Pickles **French Dressing**

Large Plate of Assorted Sandwiches:

Boston Brown Bread with Cream Cheese and Chives
Rye Bread with Minced Ham and Mayonnaise
Rolled Sandwiches with Liverwurst and Chutney
Buttered Nut Bread **Buttered Orange Bread**

Hot Coffee

Individual Pie Shells with Fresh Berries
or Sliced Peaches, Topped with Vanilla Ice Cream

More Hot Coffee

Buffet Salmon Mousse

2 tbsps. sugar
1 tsp. each salt, mustard
½ cup vinegar
2 egg yolks, beaten
1 tbsp. gelatin
¼ cup cold water
1 tbsp. horse-radish
2 cups (1 lb.) Canned Salmon
1 cup chopped celery
1 cup whipped cream

Combine sugar, salt and mustard with vinegar and egg yolks in double boiler. Stir until thick. Remove from heat, add gelatin softened in cold water. Add horse-radish. When cool and slightly thickened, add salmon, celery, fold in cream. In bottom of oiled fish mold place decorative olive slices and pimento strips. Turn mixture into mold. Let stand in cool place for an hour or more. When firm, dip mold quickly into hot water and turn out on platter. Serves 8 to 10.

ANOTHER GOOD ONE

Tomato Juice and Pineapple Juice Cocktails
Pretzel Sticks Assorted Relishes

Artichoke Ring with Creamed Salmon and Mushrooms
Spiced Orange Slices Potato Chips Hot Buttered Rolls

Lettuce Salad Bowl Garlic French Dressing

Fresh Strawberries Angel Food Cake Nuts Coffee

Artichoke Ring with Creamed Salmon

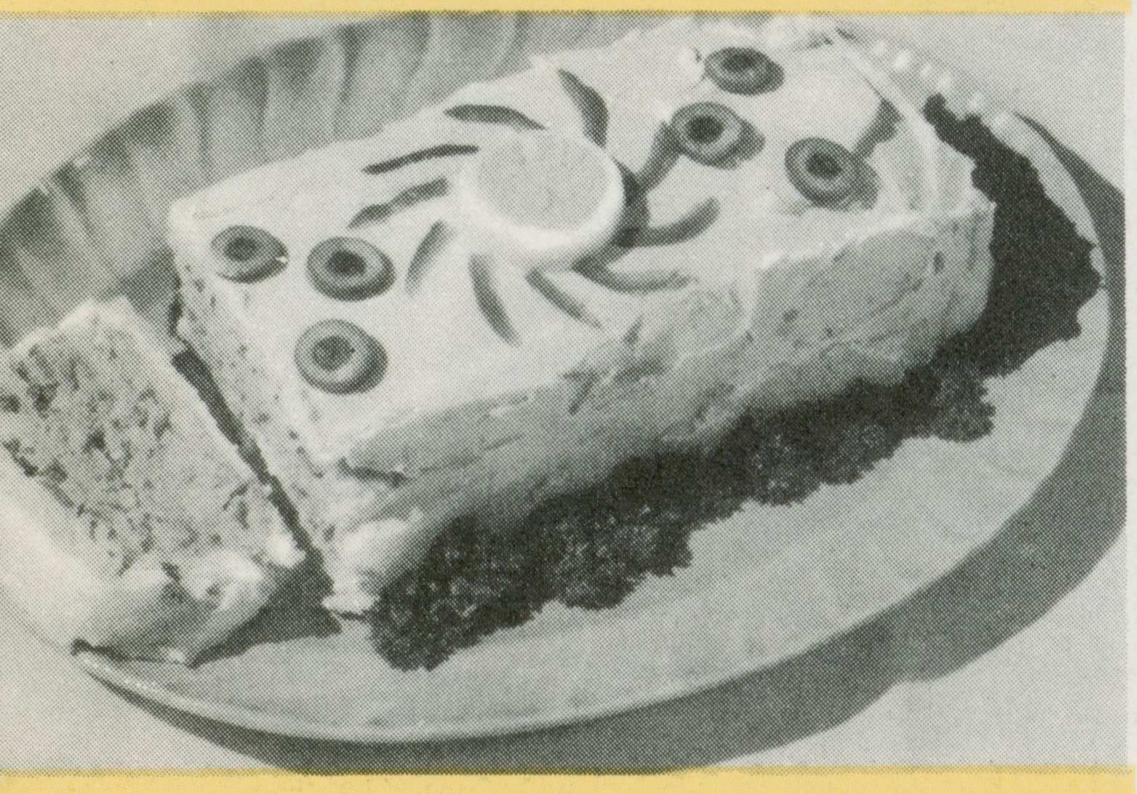
Cook 6 large artichokes; scrape meat from leaves; remove chokes and chop hearts. Add 4 slightly beaten eggs to 2 cups seasoned white sauce; combine with artichoke meat and hearts. Place in buttered ring mold, set in hot water, bake in moderate oven (350° F.) 1 hour. Let stand 10 minutes, turn out and fill with creamed salmon:

2 cups medium white sauce
4 cups (2 lbs.) Canned Salmon
¾ cup cooked mushrooms
2 tbsps. grated Parmesan cheese
¾ cup sliced almonds

Add salmon and mushrooms to seasoned white sauce and heat thoroughly. Fill ring. Sprinkle with cheese; border with almonds. Serves 12 to 14. Spiced orange slices make a grand garnish: Boil whole oranges 30 minutes. Slice ½ inch thick, cover in baking pan with spiced vinegar syrup. Bake slowly 45 minutes.

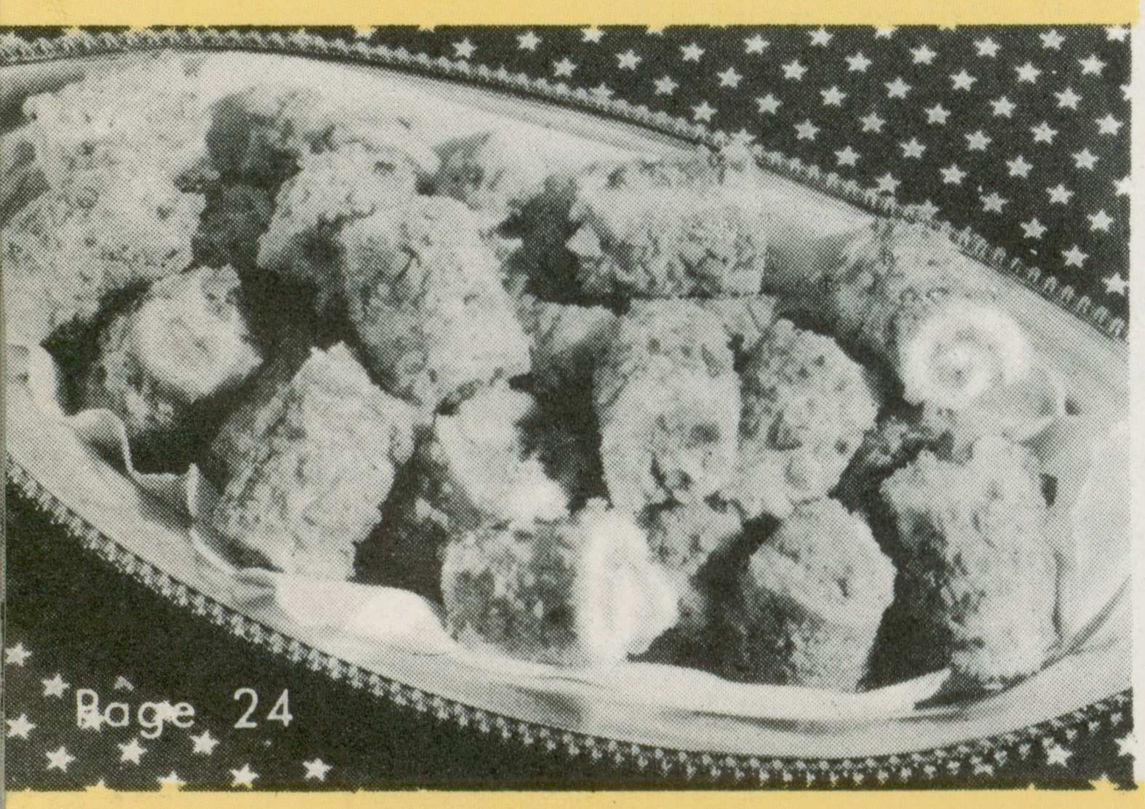
Vitamin A helps prevent infection. Vitamin G aids growth. Canned Salmon gives you these vitamins.

English Salmon Sandwiches



Salmon Sandwich Loaf

Salmon Rounds Piquant



Salmon Nut Tea Rolls

NEW SAND

ENGLISH SALMON SANDWICHES

Combine 1 cup (½ lb.) flaked Canned Salmon, ½ cup shredded carrots, 3 tbsps. chopped walnuts. Moisten with salad dressing, season. Use as filling between thin slices of whole wheat, rye, or white bread. Makes 8 to 10 sandwiches.

SALMON SANDWICH LOAF

Remove crusts from sandwich loaf, cut lengthwise into 4 slices. Spread each slice with mayonnaise. On bottom layer arrange 2 sliced tomatoes, lettuce; season. Add second slice; cover with 1 cup (½ lb.) flaked Canned Salmon mixed with ½ cup Tartar sauce. Add third slice; cover with chopped mixture of 4 hard-cooked eggs, can of pimento, 12 ripe olives, mayonnaise. Add fourth slice. Press loaf gently into shape, "ice" with 3 cakes cream cheese blended with milk. Serves 8.

SALMON ROUNDS PIQUANT

Cover a baking dish with thick slices of tomato, sprinkle with salt. Pile on slices 2 cups (1 lb.) flaked Canned Salmon seasoned with salt, pepper and lemon juice. Cover each salmon round with slices of sharp cheese, heat in hot oven, 450° F. (or on spirit lamp or electric grill at supper table) until brown—about 15 min. Serve with toast and crisp bacon. Serves 6.

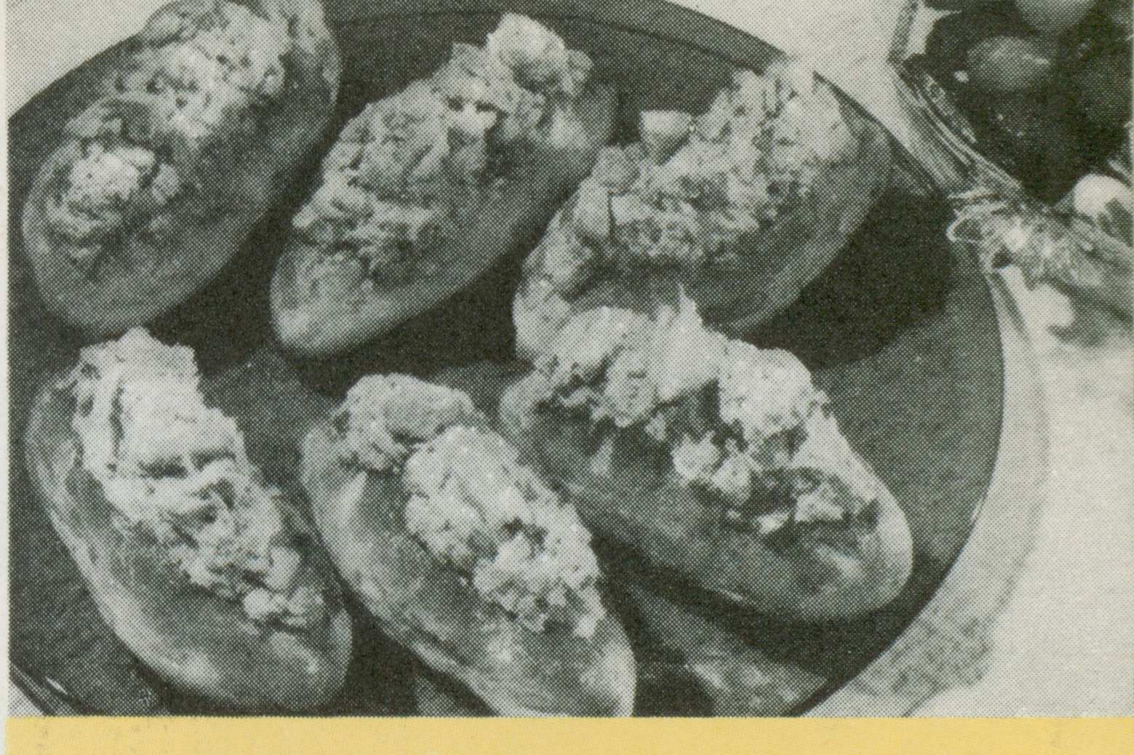
SALMON NUT TEA ROLLS

Flake 1 cup (½ lb.) Canned Salmon, add ¼ cup mayonnaise, season, blend into smooth paste. Cut 18 very thin slices of bread; cut off crusts, spread each slice with salmon mixture, and roll like tiny jelly roll. Cut each roll in half if shorter ones are desired. Coat each with cream cheese (moistened with milk) and chopped nuts. Makes 18 long or 36 short rolls.

WICH IDEAS

SALMON SALAD STUFFED ROLLS

Slit lengthwise the tops of 6 medium-sized soft rolls and scoop out a little of the soft crumbs from top. Combine 2 cups (1 lb.) flaked Canned Salmon with ¼ cup each chopped celery, cucumber, radishes and 1 cup Thousand Island dressing. Fill rolls with salad mixture. Serve with sweet pickles, radish roses. Serves 6.



Salmon Salad Stuffed Rolls

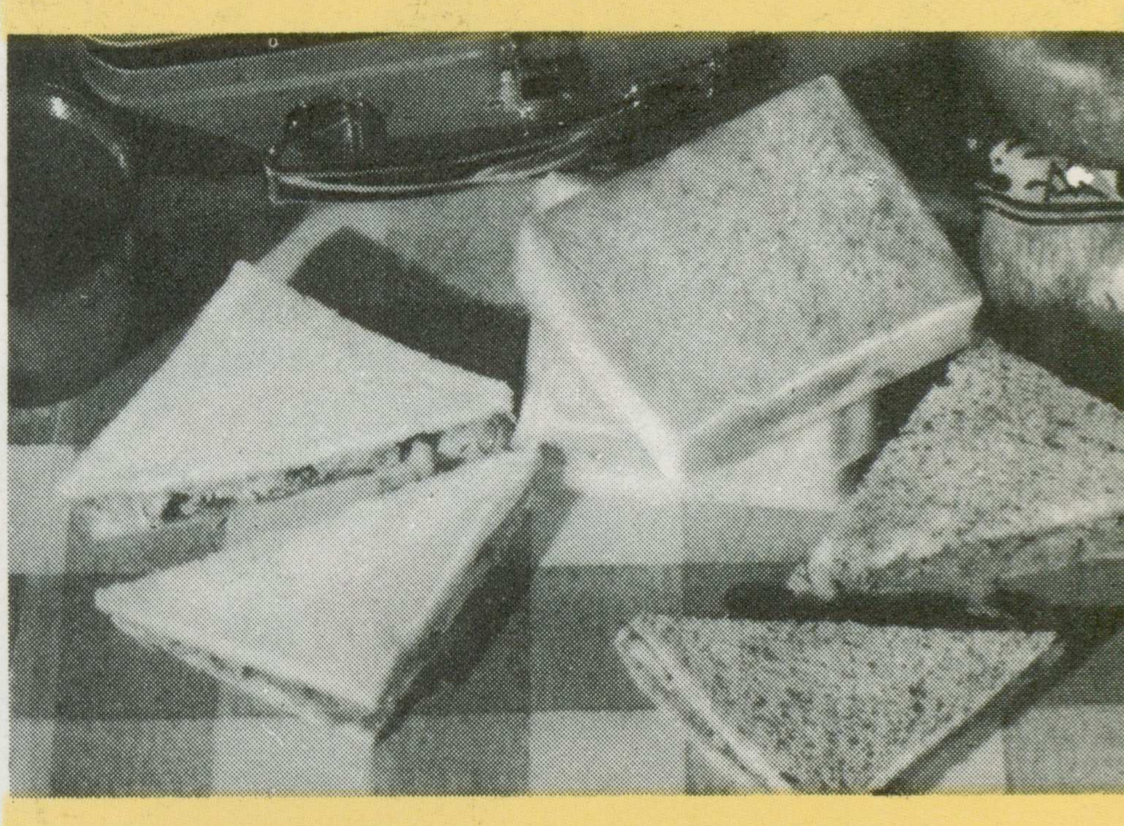
SALMONBURGERS

Mix 2 cups (1 lb.) flaked Canned Salmon with ¾ cup coarse cracker crumbs, 1 egg slightly beaten. Sauté 1 small sliced onion in 1 tbsp. butter, add to salmon mixture, season. Shape 6 thin salmon cakes and brown quickly in 1 tbsp. butter. Split large buns and place hot salmon cakes between. Serve with dill pickles. Serves 6 generously.

Salmonburgers

SCHOOL LUNCH SANDWICHES

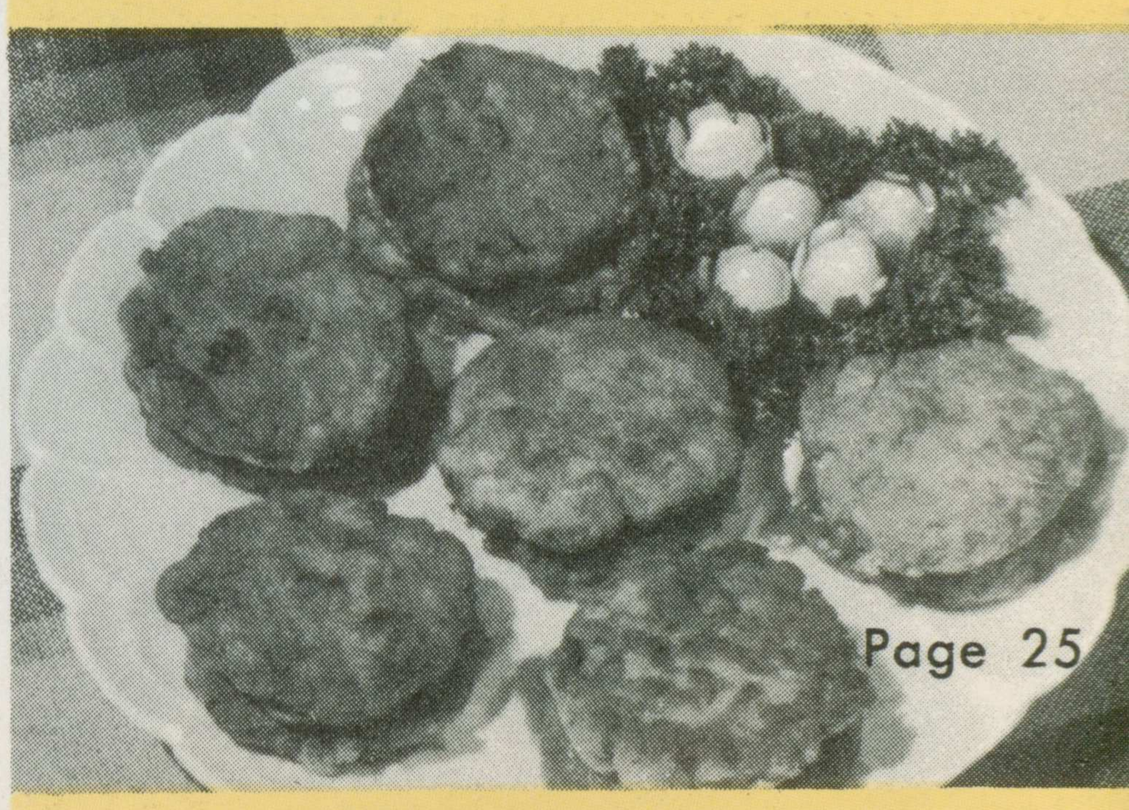
Make smooth paste of 2 tbsps. butter and 3 tbsps. peanut butter, spread 12 bread slices generously. Sprinkle ½ cup chopped celery over peanut butter mixture. Set flakes of salmon on 6 of the slices (1 cup —½ lb.—Canned Salmon is needed). Sprinkle with salt, pepper and lemon juice. Cover with remaining slices of bread. Makes 6 big sandwiches.



School Lunch Sandwiches

SALMON BARBECUE

Combine 2 cups (1 lb.) flaked Canned Salmon with a small bag of crushed potato chips and 2 eggs slightly beaten. Form into 12 small thin cakes. Roll lightly in flour and brown in fat until crisp. To 1½ cups highly seasoned Spanish sauce (or chili sauce) add 12 sliced stuffed olives. Put salmon cakes together in pairs with the Spanish sauce between and serve hot. Makes 6 delicious sandwiches.



Salmon Barbecue

CANAPÉS AND HORS D'OEUVRES

Canapés are usually served with cocktails before a meal. They are tiny shapes of toasted bread brushed with butter and spread with a spicy mixture. To make nice canapés, slice your bread thin and cut into triangles, crescents, stars, rounds—or whatever you like!

The "Makings" for Good Canapés

Canned Salmon
Toasted Bread, Crackers
Anchovies
Anchovy Paste
Artichoke Hearts
Avocados (Alligator Pears)
Capers
Caviar
Chopped Green Pepper
Chopped Pickle
Cream Cheese
Hard-Cooked Eggs
Lemon Juice
Mayonnaise
Parsley
Pickled Onions
Pimento
Ripe Olives
Stuffed Green Olives
Seasonings

SALMON TEMPTERS . . . Blend to smooth paste 1 cup (½ lb.) flaked Canned Salmon, ½ cup mayonnaise, 2 tbsps. chopped green pepper, 1 tbsp. each chopped pimento, lemon juice, chopped pickle. Season to taste. Spread on toasted bread shapes and garnish with sliced stuffed olives and pimento strips. 24 canapés.

HALF 'N' HALF . . . Blend 1 cup (½ lb.) flaked Canned Salmon, ¼ cup mayonnaise, 1 tsp. lemon juice, salt and pepper. Spread half of toasted round with mixture. Cover remaining half of round with avocado and dash of lemon juice. Divide with pimento strips. 24 canapés.

SALMON ZIPPIES . . . Blend into smooth paste 1 cup (½ lb.) flaked Canned Salmon, ½ cup thick cream (sweet or sour), 2 tbsps. grated horse-radish, seasonings. Spread on toasted bread shapes. Edge toast with mayonnaise, cover with finely chopped parsley, dot with pimento. 12 canapés.

CANAPÉ ROYALE . . . Blend into paste 1 cup (½ lb.) flaked Canned Salmon, ½ cup cooked salad dressing, 2 tbsps. chopped pickle, 1 tbsp. each chopped green pepper and celery, 1 tsp. Worcestershire sauce. Spread on toast crescents. Garnish with hard-cooked egg yolk (put through sieve) and with pickled onion slice in chopped parsley nest. 24 canapés.

COCKLEBURS . . . Combine ½ cup crushed potato chips, ¼ tsp. mustard, cayenne and 2 egg yolks. Blend with 1 cup (½ lb.) Canned Salmon until smooth. Shape mixture into tiny balls, roll in flour, then in slightly beaten whites of 2 eggs, coat with 1½ cups fresh bread crumbs. Fry in semi-deep fat to golden brown. Serve hot on cocktail picks. Makes 18 balls.

TIPS ON SERVING SALMON

To flake Canned Salmon. Drain, remove from can, and with fork or sharp pointed knife, remove skin. Flake into pieces as required (large pieces look and taste better).

For soufflés and baked dishes. When you flake salmon for soufflés and baked dishes, reserve some large pieces to lay on top just before baking. Salads, too, are more delectable if garnished with larger flakes or pieces of salmon.

For salads, it's nice to turn the salmon out of the can in one piece, divide lengthwise and remove bones . . . then put back together in cylindrical shape to serve.

To slice Canned Salmon. Drain salmon and turn out in cylindrical shape. Heat thin sharp knife in boiling water. Stand salmon upright and cut horizontally, with quick saw-like strokes, into even rounds or circles.

Use juice from Canned Salmon. Keep in covered container, for use in making fish sauces, chowders, and blending flavors in salmon dishes. Canned Salmon juice is the carrier of "sunshine" vitamin D, which is the mason that builds strong teeth and bones. Calcium and phosphorus, which are the building materials for strong teeth and are needed along with vitamin D, are also contained in salmon juice and bones.

Salmon juice sauce (for cold salmon dishes). Mix equal parts of the salmon juice and vinegar with slices of red peppers and onions.

Cocktail canapés and afternoon tea dainties are superb made with Canned Salmon flakes. The salmon that comes in half-pound tins breaks into large, attractive pieces.

On crackers. Canned Salmon large-size flakes on crackers with a dash of lemon juice or Worcestershire sauce make delicious after-school snacks and midnight suppers. For this use, too, the salmon in half-pound tins is perfect.

VARIETIES OF SALMON

And hints on using salmon thriftily

Chinook or King Salmon . . .

Marvelous for salads, Chinook ranges from red to white in color. It is very rich in oil and when removed from the can separates into large flakes. Chinook is usually higher priced than the other grades of salmon. You'll generally find it in flat cans.

Red or Sockeye . . .

Delicious in both hot dishes and salads, the meat of this variety is deep red in color. It breaks into small flakes, is firm in texture and has considerable oil. You will find it labelled Red, Alaska Red or Sockeye—and sometimes as Blueback.

Medium Red or Coho . . .

Here is a kind that's equally good in all dishes—cooked and as it comes from the can. It is large flaked, red but lighter in color than the Sockeye.

Pink, the most popular kind . . .

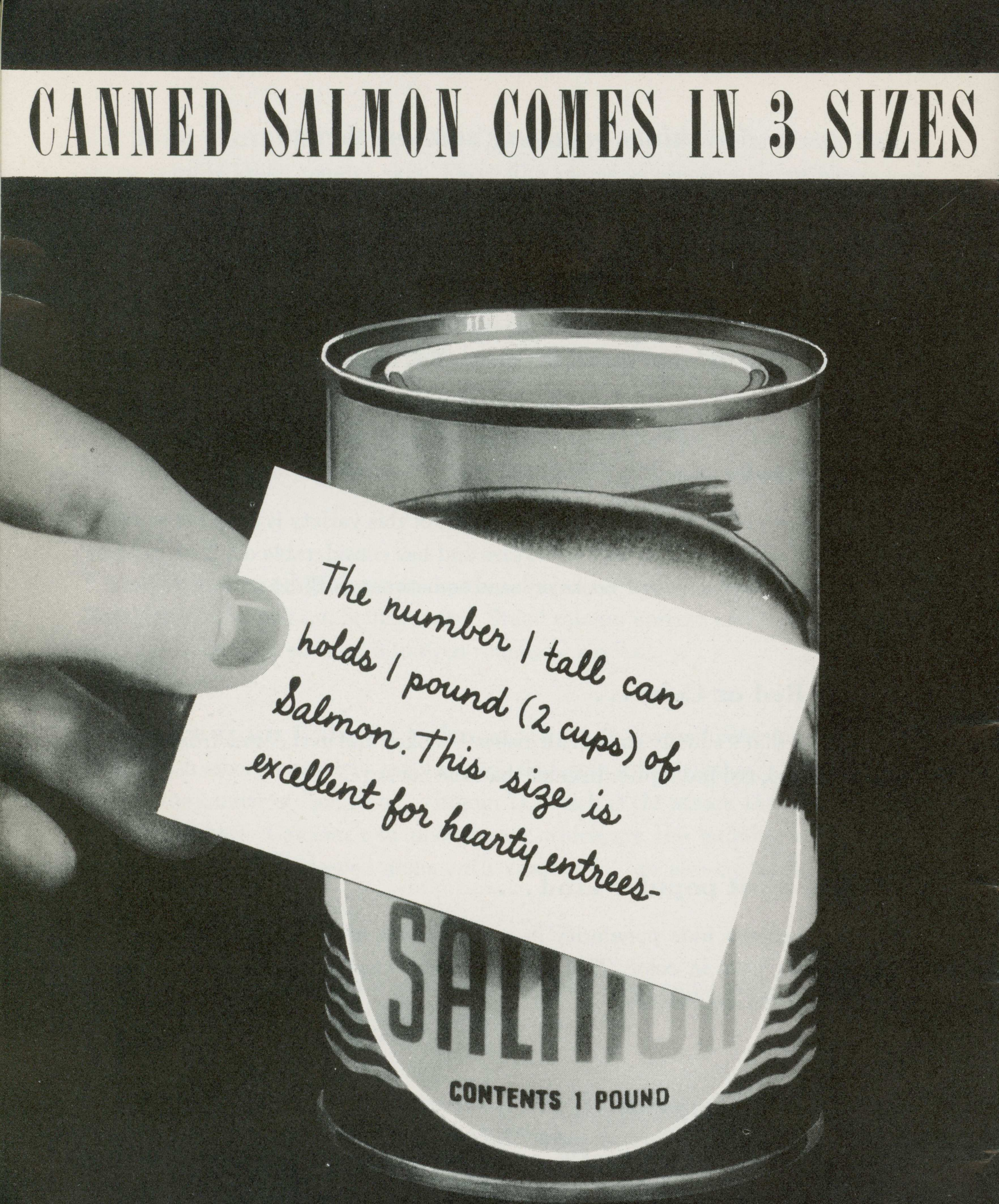
Pink salmon enjoys wide popularity in every section of the country. Delicate in texture, a rich pink in color. This variety makes wholesome, delicious dishes—entrees, soups and sandwiches.

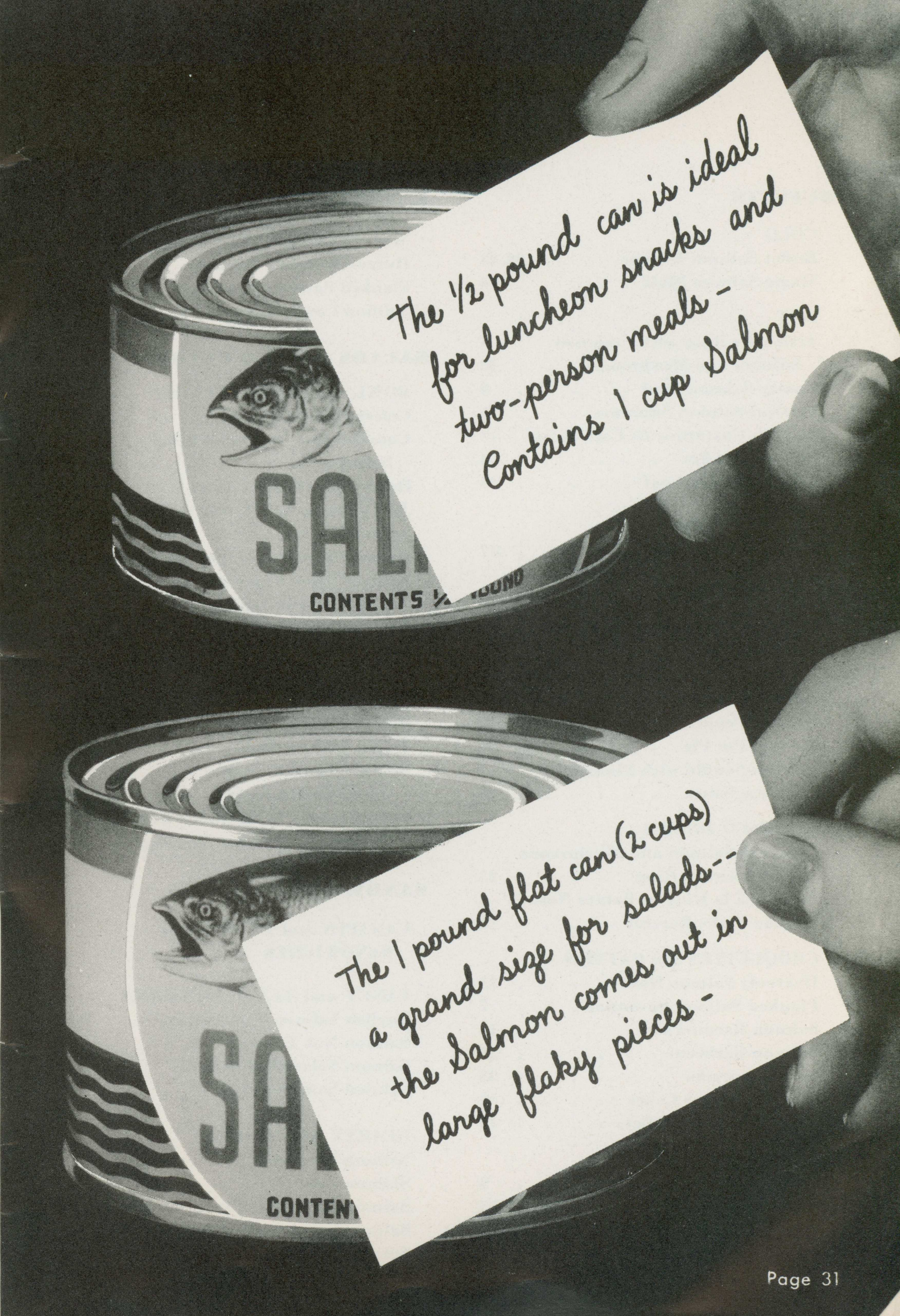
Chum or Keta Salmon . . .

Usually very reasonable in price, Chum is lighter in color and generally has less oil content than the other varieties. It is nutritious, good eating, and very popular for cooked dishes.

You build new body tissues, repair those worn out in the living process, when you eat Canned Salmon.

CANNED SALMON COMES IN 3 SIZES




The 1/2 pound can is ideal
for luncheon snacks and
two-person meals –
Contains 1 cup Salmon
SAL
CONTENTS 1/2 POUND
The 1 pound flat can (2 cups)
a grand size for salads --
the Salmon comes out in
large flaky pieces –
CONTENT

INDEX

BUFFETS

COLD
Buffet Salmon Mousse . . . 22, 23
Magic Salmon Mold 16

HOT
Artichoke Ring with Creamed Salmon and Mushrooms . . . 23
Crusty Salmon Loaf 9
Festival Salmon Supreme . . . 15
Salmon Custard with Corn Sauté 13
Salmon Pot Pie 14
Savory Salmon Loaf 14

CANAPÉS and HORS D'OEUVRES 27

ENTREES (HOT)

CASSEROLES and RAMEKINS
Deviled Salmon in Shells . . . 11
Heavenly Salmon Hash in Ramekins 13
Salmon Custard with Corn Sauté 13
Salmon Peppers Pacific 12
Salmon Pot Pie 14
Salmon Soufflé with Pimento Cheese Sauce 6

CREAMED DISHES
Creamed Salmon and Mushrooms (in Artichoke Ring) 23
Salmon à la King in Potato Nests 8
Salmon Flake Rarebit 11

CROQUETTES and PATTIES
Heavenly Salmon Hash 13
Planked Salmon Savannah . . . 7
Salmon Bacon-Pats 15
Salmon Barbecue 25
Salmonburgers 25
Salmon Supper Cakes 10
Toasted Salmon Fillets 10

LOAVES
Crusty Salmon Loaf 9
Festival Salmon Supreme . . . 15
North Coast Salmon Bake . . . 4
Savory Salmon Loaf 14

ENTREES (*cont'd*)

MISCELLANEOUS ENTREES
Hurry-Up Baked Salmon . . . 12
Planked Salmon Savannah . . . 7
Salmon Combination Grill . . . 5

SALADS or COLD ENTREES

BOWL and PLATE SALADS
Celery Canoes of Salmon . . . 18
Combination Vegetable Salad with Salmon 20
Hearty Picnic Salad Bowl . . . 19
Jiffy Salmon Salad Bowl . . . 21
Salmon-Avocado Salad 19
Salmon Salad in Grapefruit Shells 18
Salmon Salad Supreme with Tomato Aspic 17
Salmon Tomato Bouquet . . . 20
Summer Salmon Delight . . . 17

MOLDED SALADS and ENTREES
Buffet Salmon Mousse . . . 22, 23
Magic Salmon Mold 16
Salmon Salad Supreme with Tomato Aspic 17
Spicy Salmon Salad Molds with Pimento-Cucumber Dressing . 21

SANDWICHES

CANAPÉS and OPEN-FACE SANDWICHES 27

FANCY and TEA SANDWICHES
English Salmon Sandwiches . . 24
Salmon Nut Tea Rolls 24
Salmon Salad Stuffed Rolls . . 25
Salmon Sandwich Loaf 24

HEARTY SANDWICHES
Salmon Barbecue 25
Salmonburgers 25
Salmon Rounds Piquant . . . 24
Salmon Salad Stuffed Rolls . . 25
School Lunch Sandwiches . . . 25

LITHOGRAPHED IN U.S.A.